

# Recovery Through Prayer and Mindfulness: A Path to Wholeness and Fulfillment



## Recovery Through R.E.S.P.E.C.T.: Substance Abuse

**Curriculum** by Steven M. Cahn

★★★★★ 5 out of 5

Language	: English
File size	: 2275 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 241 pages
Lending	: Enabled



Addiction is a devastating disease that can rob you of your health, your relationships, and your sense of purpose. If you're struggling with addiction, know that there is hope. Recovery is possible, and there are many paths to get there.

One path to recovery is through prayer and mindfulness. Prayer can help you connect with a higher power and find strength and guidance. Mindfulness can help you become more aware of your thoughts and feelings, and to respond to them in a healthy way.

This book will guide you through the process of using prayer and mindfulness for addiction recovery. You'll learn how to:

- Connect with your inner strength

- Find peace and serenity
- Build a fulfilling life beyond addiction

The author, a recovering addict, shares her personal story of how prayer and mindfulness helped her to overcome addiction. She also provides practical exercises and meditations that you can use to begin your own journey to recovery.

If you're ready to take the first step towards recovery, this book is for you. Prayer and mindfulness can help you find the strength and hope you need to overcome addiction and build a life you love.

### **What Readers Are Saying**

"This book is a lifeline for anyone struggling with addiction. The author's personal story is inspiring, and the practical exercises and meditations are invaluable." - Our Book Library reviewer

"I've tried many different recovery programs, but nothing has worked as well as this book. Prayer and mindfulness have helped me to find peace and serenity, and to build a life beyond addiction." - Our Book Library reviewer

"This book is a must-read for anyone who is looking for hope and healing from addiction. The author's insights and guidance are invaluable." - Our Book Library reviewer

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Recovery Through Prayer and Mindfulness is available now on Our Book Library.com. Click the link below to Free Download your copy today and

start your journey to recovery.

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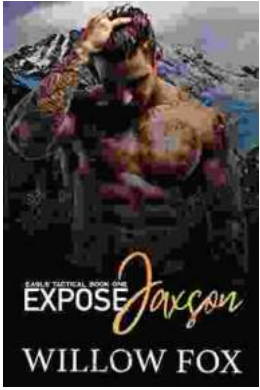
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